Posture Exercise
Perform 20 repetitions to strengthen your upper back to improve vitality and posture.

Mindful Eating
Sit and chew each bite fifteen times while using all five senses to eat for weight loss and energy.

Movement
Jump out of your chair 2x/hour and aim for 10,000 steps/day to activate muscles and lower disease risk.

Breathing
Breathe in through your nose and into your belly for energy or relaxation.

Neck Release Trick
Press a tennis ball on a muscle knot for 30 seconds with deep breathing to relax the body and mind while preventing shoulder, neck, and jaw pain.

Hydration
Drink half your body weight in fluid ounces of filtered water for energy and health.

Plant Aromatics
Inhalation of 1 to 2 drops of peppermint oil fights fatigue, improves memory, typing-speed/accuracy and digestion.